



THE BEACON

JANUARY 2004

Inside this issue:

New Parent Support Program	Front Page
January Class Schedules	Page 2
FFSC Class Descriptions	Page 3
SAVI	Back Page

NEW PARENT SUPPORT PROGRAM



Rose Slay/Heidi Huggins

Parenting is one of the most important jobs we will ever do, and the one least prepared for when it comes to taking care of our most precious resources, our children. Each one of us brings to our parenting experience things that we learned from our parents or others around us, which can greatly impact our children especially if we do not have good role models. If asked during the first month of baby's life, parents will usually exhaustively say, "I never realized parenthood was so hard!" When you become a parent your life will never be the same but we can show you how to ease some of the stress you may feel and raise well-mannered, respectful, responsible and happy children. Our new Parent Support Program will be offering a 6 week Positive Parenting Class every Tuesday from 1400 to 1600 beginning January 13, 2004.

For more information or to enroll in the class call the Fleet and Family Support Center (FFSC) at 850-452-5990 ext 0 or 104.



RESOURCES FOR AFTER THE HOLIDAYS

Do you have the Credit Card Blues? Did you spend too much for the holidays? There is something you can do about it for future holidays.

1. Start a Christmas Club account at your local bank or credit union. You will have money to spend without pulling out the credit card next year.



2. Before you start the Christmas club account, you might want to make an appointment with a qualified financial counselor to establish a working budget. FREE financial counseling is available from your Command Financial Specialist (CFS) or FFSC.

Taking control of your holiday spending helps you avoid seasonal stress and allows you to enjoy this time of year with family and friends.



JANUARY 2004

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prevent Classes are available. Contact Dee Karling at 452-5990 ext 137.</p>			<p>1 Happy New Years</p> <p>FFSC Closed</p>	<p>2</p>
<p>5 Stress Management 0900-1100</p> <p>Financial Planning 1100-1200</p>	<p>6 Transition Assistance Program 0800-1600</p>	<p>7 Transition Assistance Program 0800-1600</p> <p>Spouse Employment 0830-1100</p> <p>Smooth Move 0900-1100</p>	<p>8 Transition Assistance Program 0800-1600</p> <p>Couples Class 1730-1900</p>	<p>9 Transition Assistance Program 0800-1600</p> <p>Anger Management 0900-1200</p> <p>Divorce Workshop 1000-1100</p>
<p>12 Stress Management 0900-1100</p> <p>Credit Management 1100-1200</p>	<p>13 Positive Parenting 1400-1600</p> <p>Career Life Planning 1730-2100</p>	<p>14 Resume Writing 0900-1100</p> <p>Starting Your Own Business 1300-1500</p> <p>Career Life Planning 1730-2100</p>	<p>15 Career Life Planning 1730-2100</p> <p>Couples Class 1730-1900</p>	<p>16</p>
<p>19 Martin L. King Day</p> <p>FFSC Closed</p>	<p>20 Positive Parenting 1400-1600</p>	<p>21</p>	<p>22 Terrific Toddlers 1000-1200</p> <p>Couples Class 1730-1900</p>	<p>23 Divorce Workshop 1000-1100</p>
<p>26 Stress Management 0900-1100</p> <p>TSP/CSB Redux 1100-1200</p> <p>Home Buying Class 1300-1500</p>	<p>27 Positive Parenting 1400-1600</p>	<p>28 Sponsor Training 0900-1100</p> <p>Spouse Employment 1730-2030</p>	<p>29 Couples Class 1730-1900</p>	<p>30</p>

Registration for classes is required. To register, call 452-5990, ext. 104.

FINANCIAL EDUCATION

Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

Credit Management

Planning to make a major purchase or just curious about your credit? Your credit reports and your financial history should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft.

Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help you learn the right way to purchase your next automobile.

REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service, have options to consider. Be informed.

RELOCATION ASSISTANCE

Sponsor Training

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for the sponsorship role.

Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about your PCS entitlements!

Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn what is and is not acceptable in the country. Bring your spouse along to this one-on-one session.

PARENTING

Positive Parenting

Being an effective parent is one of the most rewarding tasks in life and is one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective.

Terrific Toddlers

Parenting a toddler is not for the weak and it is said that there is strength in numbers. Join us for a fun morning of activities, stories and information on development, discipline, potty training, temper tantrums and many more topics.

Fleet and Family Support Center - NAS Pensacola

TRANSITION ASSISTANCE

Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor.

Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month.

SPOUSE EMPLOYMENT

Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself for a better job. This class is a three part series including skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market.

Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting, resume writing and volunteering. If you have a resume, please bring it with you.

GENERAL LIFE SKILLS

Anger Management

How is anger affecting you and/or your relationships? This three hour workshop will illustrate the differences between anger, assertiveness, stress, and aggression. You will also learn general skills and practical techniques for managing anger.

Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier, and healthier.

Couples Class

Learning about each other, different relationship styles, gender differences, expectations, and how to make a relationship work. With an emphasis on growth, fun and friendship.

Divorce Workshop

The Naval Legal Service Office at NASP will be conducting ongoing workshops for those involved in or anticipating a divorce to learn the legalities of divorce. Also discussed will be the legal aspects of non-support.

NAVAL AIR STATION, PENSACOLA FLEET AND FAMILY SUPPORT CENTER STAFF

Candace Currier ext. 142	Regional Director	Michael Brady, ext. 112	Counselor
Pat Gibbs, ext. 141	Management Assistant	Jeanine DeCuir, ext. 105	Counselor
Sandy Smith, ext. 136	Programs Coordinator	Sylvia Starling, ext. 113	Counselor
Dee Karling ext 137	PREVENT	Niki Fiedler ext 106	Counselor
Floyd Steiner, ext. 104	Information and Referral	Jim Gordon, ext. 110	Counselor
John Kramer, ext. 101	Front Desk Receptionist	Phyllis Hain, ext. 109	SAVI Coordinator
Terry Harris, ext. 132	PFM Coordinator	Rose Slay, ext. 130	New Parent Support Team
Bobbie Simpkins ext. 118	Chief of Clinical/FAR	Heidi Huggins ext 144	New Parent Support Team
Lori Landau, ext. 115	Clinical Administration	J.R. Welcome, ext. 127	TAP/RAP/SEAP Manager
Desiree Fields, ext. 107	Victim Advocate	Jeff Bernard, ext. 128	TAP Specialist
Ronni Price, ext. 117	FAP Counselor	Rudy Ramos, ext. 129	TAP Specialist
Alice Pearson, ext. 116	FAP Counselor	Kathy Sims, ext. 124	RAP Specialist
Gracie Hargraves, ext. 120	FAP Counselor	Jean Hynes, ext. 123	RAP Specialist
Shawn Fitzpatrick, ext. 119	FAP Counselor	Shelia McNeely, ext. 149	TAP/Admin
Garland Hill, ext. 121	FAP Counselor	Yonna Diggs, ext. 125	SEAP
Jimmy Williams, ext. 114	FAP Child Specialist	Jim Gardner, ext. 135	Military Debt Management Agency
Lucie Easley, ext. 114	FAP Child Specialist	Susan Frishkorn, ext. 134	AMVETS Services Officer
Dena Bethune, ext. 108	Ombudsman Assembly Chair	Dennis J. Kerr, ext. 111	Retired Activities Director
Ariel Riley ext 101	Administrative Asst	Elvis Rivers 452-6131	Counselor, Corry Station

Fleet and Family Support Center, Building 625, Naval Air Station, Pensacola
Phone: (850) 452-5990, DSN 922-5990
Hours: 0700 to 1700, Monday - Thursday and 0700—1600, Friday

The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by law of the Department of the Navy. Funds for printing of this publication have been approved by the Navy Publications and Printing Policy Committee. Opinions and statements are the personal view of the contributors. The FFSC Beacon welcomes articles and comments from readers.



SAVI Advocate Training

Training will be offered on 4-6 February 2004 for all qualified applicants. Applicants must be 21 years of age, in a non-student status, pass a background screen and be able to provide two (2) character references. Applications are available at the Fleet and Family Support Center (FFSC). For more information contact Phyllis Hain at FFSC 850-452-5990 ext 109.

